

(TMI Journeys – December 2018)

## **IT CAME TO ME IN A PROGRAM” TAPPING THE MUSE WITH HEMI-SYNC® AND SAM**

*by Leslie France, TMI Projects Manager*

Creativity and inspiration. Where do they come from? Or from whom? How can that wellspring be tapped on demand? The source of creativity and inspiration has been a subject of speculation among humans for millennia. We, each in our own way and time, seek the Muse.

A familiar statement heard at The Monroe Institute is, “It came to me in a program.”

Deep-state awareness and inspiration are very close friends. With our body-minds deeply relaxed yet focused, we are able to attune, to perceive beyond the limited mental constructs of what Robert A. Monroe called “C1 Consciousness.”

When we are alert within a more expansive field, interesting things happen. Information flows to us. Truths are often revealed. Patterns become clear. Inspiration can strike.

Doc Wallace, a poet and participant in TMI’s November Gateway Voyage, received inspiration from the depths of an exercise in the form of this poem—a beautiful example of inspired output. Thanks, Doc, for allowing us to share it with our readers!

### **MEETING ABOVE WHITE BRIDGE**

I met her on a moonlit night  
high above White Bridge.  
She was the most beautiful sight  
there on that Virginia ridge.

She said hello to me and smiled,  
then she asked my name.  
I told her I had traveled miles,  
she said she'd done the same.

"How'd you learn of White Bridge?" I asked.  
'I do not know its name.  
I came from the cemetery as tasked  
and walked here all the same.'

"Then you are dead; yet, so alive.  
I'm lucky to meet you here.  
My lonely heart called you by my side.  
It's a pleasure to meet you, dear!"



**Eugene "Doc" Wallace**

*Doc is a poet, editor of the Vandalia MENSA newsletter and, occasionally, a live local TV personality and college professor. He has poems appearing in The Violet Hour, The Blue Mountain Review, Under the Fable, Quatrain, Fish, VOella, I Am Not a Silent Poet, Tomb of Words, seven Kindle books, and one poetry book published by Floating Comma Publishing in England.*

Chances are you have also received an inspired “download” or two while listening to Hemi-Sync® or SAM exercises—during a residential program or own your own. Some people hear music; others perceive visual or kinesthetic content. Maybe you receive stories, designs for inventions, or poems. **One explorer, an engineer, used to visit what he called the “Akashic Hall of Hardware” in search of as yet unmanifested technology.**

Here, from *Ultimate Journey*, Bob Monroe's third book, is an example of a download Bob received while out of body. “INSPEC” is his acronym for Intelligent Species.

RAM: I ... we ... need so much to know what it is to become complete. Can you say?

*INSPEC: We know this well. It can be said in your words.*

There is no beginning, there is no end,  
There is only change.  
There is no teacher, there is no student,  
There is only remembering.  
There is no good, there is no evil,

There is only expression.  
There is no union, there is no sharing,  
There is only one.  
There is no joy, there is no sadness,  
There is only love.  
There is no greater, there is no lesser,  
There is only balance.  
There is no stasis, there is no entropy,  
There is only motion.  
There is no wakefulness, there is no sleep,  
There is only being.  
There is no limit, there is no chance,  
There is only a plan.

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